

November-December 2002
Volume 6

THE BUGLE BOY



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*"I commend
our military
families for
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courageous and
steadfast."*

I send greetings to our distinguished military personnel, their families and their loved ones during Military Family Month.

As we confront the challenges of a new era, we look to our veterans and men and women in uniform for their example of courage and sacrifice. Those who devote their lives to our Armed Forces help protect the democratic ideals that make our Nation strong. We also recognize the families who serve beside our brave service men and women. By offering comfort and strength to your loved ones, you play a vital role in our national defense and help make our military forces the finest in the world.

I commend our military families for remaining courageous and steadfast. America is grateful for your sacrifice, love, and support of our heroes in uniform.

Laura joins me in sending our deep appreciation, and best wishes.

G. Bush

USSOUTHCOM MARINERS

Supported by MWR, the USSOUTHCOM MARINERS were organized in June by coach and manager LTC Carlos Blanchard (1B/JOIC) and MSG Al Ruiz RF/J32. The team, which plays in the Men's Adult Baseball League (MABL) of South Florida Baseball League (SFBL), lost its first game 3-2 against the Broward Indians, but came back to win 8 to 6 in its second game against the Palm Beach Angels. Team members include coach Ron Farnham (P/J2) and Jorge Ubalde (2B/J2); IS1 Jason Vaughan (SS/JS), a former Red Sox minor leaguer; William Krauthammer

(CF/J2); SGT Ralph Virrueta (3B/ASA), TSgt Cliff Evans (LF/J2); and IS1 Paul Dwyer C,P/J2, SSG Steve Eubanks (1B/J2); SSG

Maurice Zapata (RF/J2); SFC Brian Hankinson (C/J2); Tom O'Loughlin (1B,3B/J2); SGT Zac King 2B/J2; SP4 Juan Trevino (3B,LF/J2); OS2 James Trosper (3B,LF/J2); Mr. Pedro Austin (C,2B/J4); Mr. Don Dinehart (OF/J2) TSgt Jeff Miles (OF/CSG) and John Maloney (OF/J2).



Back Row: Scott, Dewey, William, Ralf, Zac
Middle Row: Carlos, Cliff, Pedro, Juan, Al, Jay
Front Row: Mick, Steve, Ron, Dell, Jorge

USSOUTHCOM CELEBRATES OPENING OF NEW ITR OFFICE

Hundreds of USSOUTHCOM employees celebrated the opening of the new Information, Tickets and Reservations (ITR) Office on Friday, 20 September. The new office, located in Room # 1303A at the Headquarters Building, will be a one-stop shop for all DIRECTORATE OF COMMUNITY ACTIVITY (DCA) PROGRAMS. Currently, discounted tickets are available for area attractions, sporting and cultural events. Please stop by Monday - Friday, 8 a.m. - 4 p.m. or call (305) 437-1595. Many thanks to our generous sponsors for providing all the fabulous gifts, including Airport Fast Park, American Dreams Marketing, BJ's Wholesale Club, Carnival Cruise Lines, Coconut Grove Playhouse,



Copa Airlines, Dave & Buster's, Discovery Cruise Line, Double-tree Grand Hotel, the Florida Philharmonic, Homewood Suites by Hilton Miami, Hyatt Regency Miami, L.A. Fitness, Macy's, Ocean Drive Limousine, Sam's Club, and Sierra Nevada Tours. The Department of Defense does not endorse the sponsors. Look for information on the following programs by 1 December 2002: Child and Youth Services, Exceptional Family Member Program, Family Advocacy Program, Relocation Assistance Program, Volunteer Program, Military Family Team Building, Family Action Planning Programs, Transition Assistance, Family Member Employment Programs, Financial Readiness Program, Fitness

Center, Alcohol and Drug Abuse Prevention and Control Program, Civilian Employee Assistance Program, Military and Civilian Bio-chemical Testing Program, Prevention and Education Services, and Better Opportunities for Single Service Members (BOSS).



WHAT'S UP?: in South Florida & USSOUTHCOM

DE-STRESS AT FSC

USSOUTHCOM Family Support Center (FSC) offers stress management classes the second and fourth Thursdays of every month in Room 15 of Suite 110 in the Codina Building, 2:00 - 4:00 p.m. Taught by the FSC Family Advocacy Program Manager, this class will teach you how to understand the causes and effects of stress and ways of easing and effectively managing stress. FSC offers anger management classes every first and third Thursday, 2:00 - 4:00 p.m. (Limit five per class).

TAKE A STRESS MANAGEMENT CLASS

Call your USSOUTHCOM Family Advocacy Program Manager for more information or to register for classes at (305) 437-2734.



TECHNIQUES FOR PERSONAL STRESS MANAGEMENT

- Try deep breathing
- Watch diet and sleep
- Do aerobic exercise
- Keep work at work
- Set reasonable goals
- Schedule worry time
- Give yourself a treat

USSOUTHCOM E-DOCS

Need help accessing some USSOUTHCOM e-documents? Go to www.southcom.mil. Click on Public Affairs, click on search (on the bottom left), type in "word viewer" and do the search. Go to FSC main page, free downloads. You will be able to download power point or word viewer and be able to view documents.

✓ MARK YOUR CALENDARS!

Friday, November 8, Commander's Classic Golf Tournament, Miami Shores Country Club, 10000 Biscayne Boulevard, 7:30 a.m. registration, 8:30 a.m. Shotgun Start. Tickets available at ITR Office, H.Q., Room #1303-A. (305) 437-1595 Cost varies by rank.

Saturday, November 23, Command Picnic, Miami MetroZoo, 10:30 a.m. - 3:30 p.m.

Friday, December 13, Command Holiday Dinner Dance, Big Five Club, 9299 SW 7th Terrace, 7-12 p.m.

Saturday, December 14, Children's Holiday Party, USSOUTHCOM HQ, time tba.

HELP THE HOMELESS

U.S. Southern Command can help the homeless by donating new underwear, especially for men, any size, any style. Imagine the devastating feeling of being homeless...no shelter, no way to provide for yourself or your family, no Army Emergency Relief, no way to wash your clothes, no bathroom facilities, no options... Every night the Broward Partnership for the Homeless provides shelter and sustenance to take 200 people to a new day. These 200 are only a fraction of the needy homeless on the streets of Greater Miami. Ten to 12% of them are veterans. The center must raise three million dollars a year and will take just about any kind of donation including your time. Contact them at (954) 779-3990. Collection of underwear, which is desperately needed, will be an ongoing effort at USSOUTHCOM throughout the year. Collection boxes will be located at the new ITR office (Room #1303-A, Headquarters) and at U.S. Army Garrison (Codina Building). Please help by donating a package of underwear, any size, any style (for women if you prefer, or diapers). Thanks for all of your help.

RESUME WRITING AND INTERVIEWING SKILLS SEMINAR

DATE: 13 Nov. & 11 Dec. 2002

TIME: 2:00 P.M. - 4:00 P.M.

PLACE: USAG Education Center
8300 NW 33rd Street

If you or your family members are seeking to prepare for employment opportunities in the community, please contact the USSOUTHCOM Family Support Center at via telephone - (305) 437-2665/2632 or via e-mail corpmanp@hq.southcom.mil or crearym@hq.southcom.mil to reserve a seat for this seminar.

COLLEGE PROGRAMS

The Education Center has several college programs with classes in the Codina Building: Vincennes University, Carlos Albizu University (Spanish classes),

HAPPY HOLIDAY FINANCES

Enjoy the holidays without spending too much. Use these tips to make the most of the gift-giving season:



- Plan shopping in advance. Know what you want to buy and what you expect it to cost before you go to the mall.
- Resist impulse purchases.
- Don't go shopping when you are tired or hungry.
- Avoid incurring new large amounts of holiday debt. Try not to use credit, and enjoy lower levels of debt in the New Year. If you can't avoid using credit, don't charge more than you can reasonably pay off.
- Remember the old saying, "It's the thought that counts." Gifts should be a gesture, not a sacrifice. Don't overspend!
- When having friends for dinner, try a potluck dinner. It will substantially reduce your costs and the stress of meal preparation.
- Make a timetable with your kids for buying the more expensive items they want.
- Give a family heirloom. You'll be amazed how much this kind of gift can mean to your teenage children and how satisfying it is to give.
- For those who are really cash-strapped, especially young singles or teens, try giving a gift of personal service like babysitting, lawn care, or window washing.
- Call your credit card company and ask them to reduce your interest rate - you may be very pleasantly surprised.
- Find ways to reduce monthly expenses. The more you can save on year long expenses, the easier it will be to make the holidays affordable.

Find tips like these and others at <http://moneycentral.msn.com/>. Don't miss our Holiday Finance Training in December. Look for the ads in the global email and through the Zip-Code groups. For more information, call Rich Zimmelman at (305)437-2645.

and Central Michigan University (Master of Science in Administration). For complete information on the programs, tuition assistance, and use of the GI Bill, call the Education Center at (305) 437-1141.

Send Thanksgiving Cards To The Task Forces At Guantanamo Bay

If you would like to send Thanksgiving cards to military personnel serving at Guantanamo Bay, please drop them off by Nov. 16 at: Headquarters - there will be a drop box at Office #1225 - or - Blue Cross/Blue Shield Building - 8400 NW 33rd Street, Office #102. Cards or greetings will be sent to active duty and reserve service members from all branches of service who are unaccompanied for tours up to a year. Add a message and include your return address if you wish.

Questions? Contact Marta Burgess, (954) 447-5287 or burgessrl@aol.com.

Defense Commissary Agency (DeCA) Case Lot Sale

November 14-15-16, 0900-1800 hrs.
Master Card, VISA and Debit Cards (with Visa/MC Logo) accepted. Valid Military ID Card Holders only. Active Duty, Retirees, Reserve Forces and Dependents. Location: U.S. Southern Command Headquarters, East End Parking Lot, 3511 NW 91st Ave. Miami, FL 33172.

THIS IS NOT A POST EXCHANGE SALE!

POC: Mr. Jes Flores,
(305) 437-2699/58.
Hope to see you there!

Spouses Corner

USSOUTHCOM Community Information Meeting (SCCIM)

SCCIM is held the first week of each month. This will enable the Zip Code Coffee Group Coordinators to disseminate the information from the SCCIM to the zip code coffee groups. As a reminder, all spouses are encouraged to submit concerns/issues to your area zip code coordinator. Our purpose is to share ideas and make living in South Florida an enriching experience. Upcoming meetings: at 1000 hrs. Codina Building, Main Conference Room.

Zip Code Coffee Groups POC

Kendall, Hammocks, Central Dade, and South Dade:

• Laura Gill (305) 225-6954

Weston, Davie, Plantation, Fort Lauderdale,

Coral Springs and North:

• Cheryl Dunnells (954) 659-9948

Pembroke Pines, Cooper City, Hollywood, and Miramar:

• Deborah Kellner (954) 436-0563

• Kathy Whitehead (954) 438-8254

Doral, North Dade:

• Heather Tuttle (305) 597-0517

• Patsy Barrier (786) 845-3073

Need To Know Numbers

Directorate of Community Activities (DCA)

Director, Sheryl Byrd (305) 437-2720

Administration, Vilma Lesesne (305) 437-2715

Website: <http://www.southcom.mil/usag-miami/index.htm>

E-mail: dcacustomerservice@hq.southcom.mil

Toll Free Hot Line: 1 888-547-4025

Substance Abuse Program (SAP)/Employee Assistance, SAP

Officer, Guy Drab (305) 437-3078

Continued

Recreation Division

Fitness Center (305) 437-1152
Better Opportunity for Single Service Members (BOSS),
President ISSN Jennifer Boise (305) 437-2171
Tickets & Tours Manager,
Vanessa Estela (305) 437-1595
Recreation Assistant,
Maria Rosado Trenchie (305) 437-1595
Marketing and Sponsorship,
Helen Colby (305) 437-2639

Family Support Division (FSD)

FSD Officer, Victoria DuBois (305) 437-2644
Secretary, Peggy Corpman (305) 437-2665
Consumer Affairs/Emergency Financial
Assistance, Richard Zimmelman (305) 437-2645
Employment Readiness/
Transition Assistance Program/
Notary Public, Marva Creary (305) 437-2671
Exceptional Family Member/Family
Advocacy Program Manager,
Dana Cekauskas, LCSW (305) 437-2734
Information & Referral/Child Care
Subsidy, Leyda Cruz (305) 437-2633
Relocation Readiness Program,
Jennifer Harms (305) 437-2723
Volunteer Coordinator, Mary Ortiz (305) 437-2667

USSOUTHCOM Clinic

Office hours: 0730-1630
For appointments call (305) 437-3559
Services TRICARE enrolled members.
TRICARE Service Center 8385 Pines Blvd.
Pembroke Pines, FL 33024 (954) 443-6793 or
1-800-700-8593
Family Counseling Center (305) 437-3086
Housing Referral (305) 437-2656
Education Services (305) 437-1141
Carlson Wagonlit (305) 437-1746
Veterinary Services (305) 437-1304
(POC - Ms. Estes)
Opa-Locka USCG Vet Svcs. (305) 953-2195
(POC - SK2 Young)

U.S. Southern Command
Family Support Center
Attn: USAG/FSC
3511 NW 91st Avenue
Miami, FL 33172